



# MATTER OF MIND: MY ALZHEIMER'S

**ENGAGEMENT GUIDE**

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# Letter from the Filmmakers

As Americans enjoy longer and longer lives and as medicine is becoming better at treating so many of the illnesses and ailments that come with aging, more of us will suffer from neurodegenerative diseases, including Alzheimer's and Parkinson's. Over 8.1 million Americans are living with neurodegenerative disease, a number that is expected to increase dramatically in the coming years as the U.S. population ages.<sup>1</sup> Like countless others, as adults we ourselves have watched our loved ones being transformed physically, mentally, and psychologically by neurodegenerative disease.

These illnesses are devastating for patients and their families and caregivers. They leave a mechanic unable to hold a wrench and an illustrator powerless to put pen to paper, and they erase daily rituals cultivated over years of partnership. They are also profound and strange—they transform personalities, leaving people bored by their former passions or unable to recognize their own children. Yet in the face of these illnesses that take so much, many individuals and families also find rare depths of fortitude, optimism, and even gratitude.

As filmmakers, we are focused not just on the search for a cure, but on the questions of what we can do now to live with neurodegenerative disease—as individuals, as caregivers and family members, and as communities. We ask: How can we speak to these illnesses, raise awareness, and create community? How can we create a more physically and conceptually accessible world in which people with neurological disease aren't isolated or stigmatized? How can we relieve the burdens of care and temper the loss we all experience?

Bringing a human lens to a scientific question, we share stories of the brain told from the heart. We tell the stories of individuals and their families as they ask what it is to live a good life with these illnesses now while keeping a hopeful eye toward the future of treatment.

— **Anna Moot-Levin** (Director and Producer), **Laura Green** (Director and Producer), **David Alvarado** (Producer), and **Jason Sussberg** (Producer)

<sup>1</sup> [Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures](#). Retrieved from Alzheimer's Association on February 10, 2025; [The Burden of Neurological Disease in the United States: A Summary Report and Call to Action: Burden of Neurological Disease](#). Retrieved from ResearchGate on February 10, 2025.





## About the Film

### FILM SYNOPSIS

*Matter of Mind: My Alzheimer's* is the third film in the *Matter of Mind* series, which explores neurodegenerative diseases. *Matter of Mind: My Alzheimer's* is an intimate portrayal of three families confronting the unique challenges of Alzheimer's and how this progressive neurodegenerative disease transforms roles and relationships. Whether it's a partner becoming a caregiver or an adult child shifting into being their parent's caregiver, these stories show how families evolve when a loved one is diagnosed. The other films in the series include *Matter of Mind: My ALS* and *Matter of Mind: My Parkinson's*.

### SCREENING OBJECTIVES

- To educate the public about Alzheimer's disease and raise awareness about those impacted by the disease
- To bring about an understanding of both the patient experience and the caregiver experience
- To explore why self-care and agency are important for the well-being of people with Alzheimer's as well as for their caregivers
- To build support, understanding, and community for people with Alzheimer's and their caregivers
- To showcase underrepresented stories of families living with Alzheimer's, including Black and Latinx families, LGBTQ+ families, and families with male caregivers



## Topics and Themes

The film explores several themes. This engagement guide offers detailed guidance for hosting events focused on these five topics:

1. Educating the public about Alzheimer's disease
2. Understanding the patient's experience and the caregiver's experience
3. Examining the role of self-care and agency
4. Finding community and belonging
5. Spotlighting underrepresented families and their stories

### **Each topic/theme includes the following:**

- Overview and background information that include framing language and helpful insights about the topic
- Discussion questions that provide guided prompts to help get the conversation started
- Resources that offer information and education to help you prepare for your event
- Potential partners, such as community groups and partners, that can contribute additional knowledge during moderated conversations
- Engagement activities that promote active participation in the film's topics
- Additional discussion questions that support in-depth conversations and personal reflection

# EDUCATING THE PUBLIC ABOUT ALZHEIMER'S DISEASE

*“When you realize that the person you love most in the world has Alzheimer’s, half your life falls away.”*

—JANICE, *MATTER OF MIND: MY ALZHEIMER’S*

Alzheimer’s is the most common cause of dementia, affecting nearly 7 million people in the United States alone.<sup>2</sup> Roughly 1 in 9 people over the age of 65 have the disease, with women making up two-thirds of those who are diagnosed.<sup>3</sup> It is estimated that by the year 2060, barring medical breakthroughs, approximately 15 million people in the United States will have Alzheimer’s.<sup>4</sup>

Alzheimer’s disease arises when the neurons in the brain are damaged. Over time, these neurons malfunction and die. Therefore, the disease is more than memory loss—Alzheimer’s can make speech and communication a challenge.<sup>5</sup> People with Alzheimer’s may have difficulty completing simple daily tasks, and it causes other cognitive changes, affecting language, learning, mood, behavior, and physical activities, from walking to swallowing.<sup>6</sup>

Physicians use many tests to measure memory, awareness of time and place, thinking, and reasoning. The goal is to look for clues about a person’s cognitive ability. Although there is no cure for Alzheimer’s,<sup>7</sup> the Food and Drug Administration (FDA) has approved medicines to treat symptoms of the disease.<sup>8</sup> Treatments have become available that may slow the progression of the disease. In addition to medications that may slow the progression of the disease, there are medications that focus on temporarily easing some of the symptoms.<sup>9</sup>

Treatments also include non-drug options, such as cognitive stimulation therapy and cognitive rehabilitation, which include activities that help keep the brain active, such as puzzles and creating art, as Carlos (father) does.<sup>10</sup> Reminiscing is key here—recalling fond memories improves one’s mood and well-being.<sup>11</sup> Also, looking at photo albums, like Kristy and Andrea do toward the end of the movie, is a great way to improve memory.

<sup>2</sup> [Alzheimer’s Facts and Figures](#). Retrieved from Alzheimer’s Association on February 10, 2025.

<sup>3</sup> [Alzheimer’s Association 2024 Alzheimer’s Disease Facts and Figures](#). Retrieved from Alzheimer’s Association on February 10, 2025.

<sup>4</sup> [New forecast shows 6 million with Alzheimer’s disease, cognitive impairment](#). Retrieved from NIH on February 10, 2025.

<sup>5</sup> [Alzheimer’s Facts and Figures](#). Retrieved from Alzheimer’s Association on February 10, 2025.

<sup>6</sup> [Alzheimer’s stages: How the disease progresses](#). Retrieved from Mayo Clinic on February 10, 2025.

<sup>7</sup> [Neuropsychological Evaluations in Adults](#). Retrieved from AAFP on February 10, 2025.

<sup>8</sup> [Alzheimer’s Association Welcomes U.S. FDA Approval of Kisunla](#). Retrieved from Alzheimer’s Association on February 10, 2025.

<sup>9</sup> [Treatments for Alzheimer’s](#). Retrieved from Alzheimer’s Association on February 10, 2025.

<sup>10</sup> [Cognitive stimulation for the treatment of Alzheimer’s disease](#). Retrieved from National Library of Medicine on February 10, 2025.

<sup>11</sup> [What is Cognitive Rehabilitation Therapy?](#) Retrieved from Society of Cognitive Rehabilitation on February 10, 2025.





## Discussion Questions

- When you hear the word Alzheimer's, what is the first thing that comes to mind?
- What surprised you the most about the people with Alzheimer's in the film? What about the caregivers? Were your assumptions about them confirmed or upended? Why?
- Do you know anyone with Alzheimer's? Share your experience of interacting with them.
- Beyond memory loss, what other symptoms did you notice that the people in the documentary exhibited?
- In what ways did the film expand your understanding of Alzheimer's? Give examples of this new perspective.

## Questions for Panelists

- What's the most important thing you want viewers to understand about people with Alzheimer's?
- What's the biggest misconception about someone with Alzheimer's that the film challenges?
- What do you see as the biggest challenges for our country as more people are diagnosed with the disease? What can we do right now to help our future selves?
- What resources are available to people living with and impacted by Alzheimer's?
- How does highlighting the experiences of individuals with Alzheimer's from underrepresented communities contribute to greater awareness and understanding of the disease?
- In a few words, summarize the essence of the film. What is the movie ultimately about?

## Resources

- [Alzheimer's Association 24/7 Helpline](#)
- [Alzheimer's Association: Disease Facts and Figures](#)
- [Alzheimer's Association: Navigating Treatment Options](#)
- [Alzheimer's Foundation](#)
- [Alzheimer's International Foundation](#)
- [Mayo Clinic: Overview](#)
- [Mayo Clinic, Alzheimer's: Medicines help manage symptoms and slow decline](#)
- [National Institutes of Health–Funded Alzheimer's Disease Research Centers](#)

## Potential Partners / Speakers

- Local expert or executive director of a nonprofit that focuses on Alzheimer's
- A doctor from the community who works in the field of geriatrics
- Nurse or nurse practitioner who specializes in dementia care
- Therapist who helps people come to terms with an Alzheimer's or a dementia diagnosis

## Engagement Activities beyond a Panel

- Provide a table with resources and information for the audience, including pamphlets from local organizations that specialize in senior care and Alzheimer's.
- Have audience members gather in small groups and encourage them to share their stories of family or friends who have the disease. Have each person share what they find most challenging.





## UNDERSTANDING THE PATIENT'S EXPERIENCE AND THE CAREGIVER'S EXPERIENCE

***"It's hard [for Sue] to get the words out."***

—JANICE, *MATTER OF MIND: MY ALZHEIMER'S*

***"It's like you're on high alert all the time. All the time."***

—ANDREA, *MATTER OF MIND: MY ALZHEIMER'S*

Some Alzheimer's patients are not fully aware of their cognitive problems or a decline in their daily abilities. Others are. The disease presents differently in each person and can change as it progresses. Some patients turn inward and become quiet while others more freely express their anger and frustration.

Usually, a patient diagnosed with Alzheimer's in the early stages feels something is wrong.<sup>12</sup> In *Matter of Mind: My Alzheimer's*, Kristy talks about how she can't remember how to do specific tasks. Sue communicates that she sometimes struggles to say the right words to express herself. Still others may deny their diagnosis or refuse to accept it and all of its ramifications.

Caregivers, whether family members or others, must learn to navigate these experiences with patience and grace. Caregivers who are family or friends of the person living with Alzheimer's—sometimes called care partners—are also simultaneously coping with the transformation of what has usually been a central relationship in their lives.

Both the person living with Alzheimer's and their care partner can experience isolation, depression, and frustration.<sup>13</sup> Many care partners are either spouses or adult children of the patient. For a spouse, the day-to-day caregiving role is often accompanied by the experience of watching the essence of their spouse slip away. This new role can also prove emotionally exhausting for adult children caring for a parent. It's new territory when the child becomes the caregiver, which can lead to frustration, anger, and sadness.

<sup>12</sup> [Do people with dementia know they have it?](#) Retrieved from MedicalNewsToday on February 10, 2025.

<sup>13</sup> [Impact of Social Isolation on People with Dementia and Their Family Caregivers.](#) Retrieved from National Library of Medicine on February 10, 2025.

## Discussion Questions

- How does each caregiver talk about their experience in the film? What are the central themes you see that the caregivers are experiencing in the film?
- What differences do you notice among the caregivers in the film? What are their approaches and attitudes toward their role?
- What does it say about someone willing to quit their job or move so that their loved one with Alzheimer's can live a better life? What sacrifices would you be willing to make for someone in your life who needs care because of Alzheimer's?
- What do you believe are some of the emotional challenges a person with Alzheimer's may have to navigate while they are still aware of their diagnosis? How can care partners approach these challenges with compassion and understanding?
- Why do you think caregivers may feel guilt even when they do everything they can to help their loved ones?

## Questions for Panelists

- What's the one thing you'd like audience members to understand about providing care to a person with Alzheimer's?
- How does acknowledging the emotional complexities of caregiving, such as guilt or grief, contribute to a caregiver's ability to persevere?
- What's the most important thing you want viewers to understand about people with Alzheimer's? What's the biggest misconception about someone with Alzheimer's that the film challenges?
- How does the dynamic between the caregiver and the person with Alzheimer's typically shift after the diagnosis? Are there ways to navigate these early changes to maintain a sense of partnership?
- How can caregivers balance respecting the autonomy of the person with Alzheimer's while beginning to take on a more active role in their care?
- What resources are available to people living with and impacted by Alzheimer's?

## Resources

- [Alzheimer's Association Help and Support](#)
- [Alzheimer's and Dementia Support Groups](#)
- [Virtual Support Groups](#)
- [Family Caregiver Toolbox](#)
- [What States Pay Family Caregivers](#)
- [Support Groups for Those with Early-Onset Alzheimer's](#)

## Potential Partners / Speakers

- A doctor or researcher who can speak to the fundamentals of the disease and talk about what care and support will look like in 20 years
- Family members who are currently caregivers for someone with Alzheimer's [Note: Please be mindful of their caregiving responsibilities. This may involve arranging alternate care during the panel or offering compensation for their time].
- A representative from a local caregiving organization or a local senior living facility with Alzheimer's care
- A paid caregiver who works with Alzheimer's patients

## Engagement Activities beyond a Panel

- Arrange local news coverage about a nonprofit in your area that supports people with Alzheimer's.
- Hold a workshop where people can share different resources for caregivers.
- Ask paid caregivers to provide the five best practices they follow to do their job with empathy and compassion.
- Have family caregivers share their top dos and don'ts for caring for someone with Alzheimer's.





## EXAMINING THE ROLE OF SELF-CARE AND AGENCY

*“My approach right now is to create a space for him to be confident and comfortable, becoming someone he can lean on when he needs to.”*

—CARLOS (SON), *MATTER OF MIND: MY ALZHEIMER’S*

One of the film’s most interesting perspectives is its depiction of how caregivers and patients practice self-care and express agency. At first, it’s easy to think that only the caregiver desires and needs self-care and agency, as it’s difficult for most of us to imagine what the internal life of a person living with Alzheimer’s is like. However, people with Alzheimer’s need opportunities to exhibit agency as well.

Within the medical community, this is called patient-centered care.<sup>14</sup> Rather than focusing only on their illnesses, the goal is to know, perceive, and treat them as a person. At its very core, this type of care aims to treat people with dementia not as impaired patients but as human beings, both in community and institutional settings. Even though they may need support or assistance, completing small tasks such as getting themselves dressed, exercising, doing art, and attending social events (if not too overwhelming) helps them maintain their agency and helps provide them with the dignity they deserve.

<sup>14</sup> [Patient-Centered Care](#). Retrieved from National Library of Medicine on February 25, 2025.

One of the essential ways to provide agency to a person with Alzheimer's is to meet them where they are in their perceptions and experiences of the world.<sup>15</sup> Take Kristy and Andrea's conversation about a boating excursion as they pack their kitchen before they move: Kristy doesn't realize she's talking to her daughter and asks if Andrea was with them during a boating excursion. At first, Andrea corrects her mother, but she doesn't persist when Kristy insists Andrea wasn't there. Instead, she meets her mother where she is and does not challenge her perception of events, even though this has a personal cost as it means her own mother does not acknowledge her.

Other examples of agency in *Matter of Mind: My Alzheimer's* include Carlos's art practice. He describes the pieces on his wall for the camera and explains his process. We also see him at night in bed, with his drawing pad, creating art.

On the flip side, we see moments in the caregivers' lives when they, too, exercise self-care and agency, such as Andrea taking time to work out. We also see a sweet moment when Andrea asks her mother for advice about what to wear to her new job. The simple act of Kristy offering her opinions is an expression of her agency and an opportunity for the two to connect, which seems optimistic for them both.

## Discussion Questions

- What surprised you the most about the caregivers' experiences?
- What did you notice about the experiences of people living with the disease?
- How do the caregivers in the film make time for themselves? What challenges do they face when they do?
- Why is agency so important for people living with the disease? What examples of self-care or agency were displayed by the people with Alzheimer's? What does self-care/agency foster in them?
- Why is it so important that caregivers embrace the idea of "meeting them where they are"?

<sup>15</sup> [Creative Ways to Connect to a Loved One With Dementia](#). Retrieved from WebMD on February 10, 2025.

## Questions for Panelists

- How did the film show caregivers and people living with the disease demonstrating self-care and agency that may not be obvious?
- What's the best advice to give a caregiver who doesn't have any resources but needs a break or needs to begin practicing self-care?
- In what ways can people support a caregiver in getting the self-care and agency they need?
- What can we do to ensure that people with Alzheimer's maintain their dignity and agency?
- How do you see technology playing a role in the support of people with Alzheimer's and their caregivers?

## Resources

- [A Healthy Life with Alzheimer's](#)
- [Elder Care Locator](#)
- [Get Paid as a Dementia Caregiver](#)
- [Taking Care of Yourself](#)
- [12 Apps Designed for People Living with Alzheimer's Disease and Their Caregivers](#)
- [7 Phone Apps for People with Dementia](#)
- [Tips to Manage Caregiver Stress](#)
- [Sense of Self](#)
- [Person-Centered Care](#)

## Potential Partners / Speakers

- A social worker or therapist to discuss the benefits of self-care and the meaning of the term
- A caregiver who can explain the different ways they provide their patient with opportunities for self-care and agency
- A person living with mild cognitive impairment or early-stage Alzheimer's to talk about their experience with the illness
- Members of a local Facebook community dedicated to Alzheimer's care

## Engagement Activities beyond a Panel

- Start a volunteer club that provides relief for people who are caregivers in their community.
- Volunteer to run art projects or an exercise class at a local residence or adult day program for people with Alzheimer's.





*“I’ve been a lot more active on social media. It’s been pivotal to my mental health. Truly. I’ve been connecting with other caregivers, exchanging stories, exchanging remedies, exchanging fears.”*

—ANDREA, *MATTER OF MIND: MY ALZHEIMER’S*

## FINDING COMMUNITY AND BELONGING

The number of people living with dementia worldwide is projected to reach 82 million by 2030 and 152 million by 2050.<sup>16</sup> Alzheimer’s is the primary, but not the only, cause of dementia in older adults.<sup>17</sup> The World Health Organization has declared dementia a public health priority, calling for global action to establish dementia-friendly initiatives.<sup>18</sup>

In *Matter of Mind: My Alzheimer’s*, people with Alzheimer’s and their caregivers find community and belonging in their own ways. Alzheimer’s is undoubtedly an isolating disease not only for those who have it, but also for those who care for them. That’s why both groups must pursue activities that support community-building and that foster belonging.

Social visits with friends and family or engaging in hobbies or activities are simple and easy to organize. In the film, Janice successfully enrolls Sue in a state-run program to bring paid caregivers to their house. Janice uses that opportunity to jump back into work, directing a play. Carlos takes his father, who was in the Navy, to a submarine museum. Carlos (son) also seeks out his community by volunteering with his local Alzheimer’s Association chapter.

Technology can also play an important role. Andrea talks about being geographically isolated in the film and turning to Instagram to find her community. She says that the social media platform helped her reach out to others and plays a pivotal role in her mental health.

<sup>16</sup> [Numbers of people with dementia worldwide](#). Retrieved from Alzheimer’s Disease International on February 10, 2025.

<sup>17</sup> [Dementia](#). Retrieved from Mayo Clinic on February 10, 2025.

<sup>18</sup> [Dementia](#). Retrieved from the World Health Organization on February 10, 2025.

## Discussion Questions

- What are the expectations of caregiving, and how might that impact caregivers?
- In what ways do both patient and caregiver find community in the film?
- How is technology used in the film to create community? Could it play an even larger role as more and more people are diagnosed?
- Creative pursuits play an essential role in creating a community for both the patients and the caregivers. What are some examples from the film?
- What about society's role in helping build community for people with Alzheimer's and their caregivers? What are some changes we can drive to help make it easier for caregivers and patients to connect and thrive?

## Questions for Panelists

- Why is it vital for caregivers to allow themselves to take breaks and to do the things that feed their soul?
- What's one way you see technology used in Alzheimer's care that differs from the past?
- How does a person cope with the guilt of wanting to do something for themselves while in a caregiver role?
- What's the best way to create community and belonging for someone with Alzheimer's? Is there anything that caregivers or others should not do?

## Resources

- [Creating Dementia-Friendly Communities for Social Inclusion: A Scoping Review](#)
- [National Alzheimer's Project Act](#)
- [Family Caregiver Alliance](#)
- [Resources for Caregivers](#)
- [VA Caregivers Support Program](#)
- [Alzheimer's Impact Movement](#)

## Potential Partners / Speakers

- A representative from a nonprofit that offers support for people and families dealing with Alzheimer's
- A person who works with Alzheimer's patients at an assisted living facility to speak about ways to find and build community
- A researcher or doctoral student who specializes in Alzheimer's care to talk about the future role of technology in building community

## Engagement Activities beyond a Panel

- Break into groups and brainstorm ways to support community-building for caregivers and people with Alzheimer's. Share your ideas with the larger group.
- Contact organizations in your local community to see if they offer respite programs for caregivers that you can participate in.
- Plan community events that adapt to different levels of cognitive ability.
- Set up a challenge at your local high school or college to see who can develop an app to help people with Alzheimer's.





## HIGHLIGHTING UNDERREPRESENTED STORIES OF ALZHEIMER'S DISEASE

*"We're still good, right?"*

—JANICE, *MATTER OF MIND: MY ALZHEIMER'S*

*"Always."*

—SUE, *MATTER OF MIND: MY ALZHEIMER'S*

Alzheimer's affects men and women from all backgrounds and walks of life. However, as is true in so many areas of media, there are fewer representations of Alzheimer's experiences in underrepresented and underserved communities.

The film, as well as your community screening events, can share with the public that underrepresented and underserved communities are disproportionately impacted by Alzheimer's. These groups are less likely to be diagnosed or recruited to participate in research and typically have less access to care and support services.<sup>19</sup>

According to the National Institutes on Aging, a 2021 analysis of Alzheimer's disease research studies shows that Black participants were 35 percent less likely to be diagnosed with the disease and related dementias than white participants. Statistics indicate that Black Americans are overall about twice as likely to develop dementia.<sup>20</sup>

<sup>19</sup> [Our Commitment to Diversity, Equity and Inclusion](#). Retrieved from Alzheimer's Association on February 10, 2025.

<sup>20</sup> [Data shows racial disparities in Alzheimer's disease diagnosis between Black and white research study participants](#). Retrieved from National Institute on Aging on February 10, 2025.

Latinx people are the largest ethnic minority in the United States, approximately 19 percent of the population,<sup>21</sup> and they are 1.5 times more likely to develop Alzheimer's disease than non-Hispanic whites.<sup>22</sup> Latinx people tend to live longer,<sup>23</sup> develop Alzheimer's symptoms earlier, and are diagnosed at later stages. What's more, they are less likely to receive treatment.<sup>24</sup>

Researchers estimate that there are approximately 3 million LGBTQ+ people over 50.<sup>25</sup> As baby boomers age and more people self-identify as LGBTQ+, that number is expected to more than double by 2030.<sup>26</sup> Caregiving is a significant issue facing this group because LGBTQ+ people are less likely to have children, who shoulder much of the caregiving burden for aging adults. As LGBTQ+ people age, partners, chosen family members, friends, and community members are more likely to serve as caregivers. As a result, caregivers of LGBTQ+ older adults may be the same age as the person they're caring for, which can present its own set of issues.<sup>27</sup>

## Discussion Questions

- Approximately two-thirds of Alzheimer's caregivers are women. In the film, we see a man providing care for his dad. What perspective does he bring to the role of caregiver?
- How might the experience of people living with Alzheimer's vary based on different backgrounds and identities?
- What can the medical community do to provide equitable care to all who have dementia, regardless of background and identity?

21 [Our Changing Population: United States](#). Retrieved from USA Facts on February 10, 2025.

22 [Quantification of race/ethnicity representation in Alzheimer's disease neuroimaging research in the USA: a systematic review](#). Retrieved from National Library of Medicine on February 10, 2025.

23 [The Hispanic paradox: scientists finally find out why Latinos age more slowly](#). Retrieved from World Economic Forum on February 10, 2025.

24 [Left Out for Too Long: New Alzheimer's Research Focuses on Latinos](#). Retrieved from AARP on February 10, 2025.

25 [The Future of LGBTQ+ Aging: A Blueprint for Action in Services, Policies, and Research](#). Retrieved from National Library of Medicine on February 10, 2025.

26 [Lesbian, Gay, Bisexual and Transgender Aging](#). Retrieved from American Psychological Association on February 10, 2025.

27 [LGBTQ+ Community Resources for Dementia](#). Retrieved from Alzheimer's Association on February 10, 2025.

## Questions for Panelists

- What are the best practices for reaching underrepresented and underserved populations?
- Reflect on what barriers to accessing Alzheimer's treatment or support may exist in your own community. Who might be affected, and what can be done to help support them?
- Can you speak about the inequities in dementia treatment and care more broadly? What are the most significant issues you know about (for caregivers and patients), and what should be done to remedy these?
- What are the most difficult changes to relationships when a child becomes the caregiver? What about a partner? Do you have personal experience with this?

## Resources

- [Alzheimer's Association Commitment to Diversity](#)
- [LGBT and Dementia](#)
- [Hispanics/Latinos Underrepresented in Alzheimer's Disease Research](#)
- [LGBT Caregiver Resources](#)
- [AAPI Caregivers](#)
- [Black American Dementia Caregivers](#)

## Potential Partners

- Executive director of an LGBTQ+ senior retirement home
- Director of an Alzheimer's group that focuses on Latinx seniors
- Director of an Alzheimer's group that focuses on Black seniors
- A gerontologist who can speak about the wide variety of needs of people with Alzheimer's

## Engagement Activities beyond a Panel

- Boost the visibility of diverse populations in the Alzheimer's community, by creating a daylong event featuring storytelling and diverse cultural activities.
- Create a plan to engage local legislators to discuss the needs of diverse populations in the Alzheimer's community.
- Start or follow a local social media community to bring together people caring for someone with Alzheimer's.



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## INDIE LENS POP-UP

Indie Lens Pop-Up is a neighborhood series that brings people together for film screenings and community-driven conversations. Featuring documentaries seen on PBS's *Independent Lens*, Indie Lens Pop-Up draws local residents, leaders, and organizations to discuss what matters most, from newsworthy topics and social issues to family and community relationships. Since its inception in 2005, more than 7,200 Indie Lens Pop-Up events have brought an estimated 430,000 participants together to discuss issues that impact local communities. For more information, visit the [Indie Lens Pop-Up website](#).

Additional support for *Matter of Mind: My Alzheimer's* community engagement was provided by Burroughs Wellcome Fund.

## INDEPENDENT LENS

*Independent Lens* is an Emmy® Award-winning PBS documentary series. With founding executive producer Lois Vossen, the series has been honored with 10 Academy Award nominations and features documentaries united by the creative freedom, artistic achievement, and unflinching visions of independent filmmakers. Presented by ITVS, *Independent Lens* is funded by the Corporation for Public Broadcasting, Acton Family Giving, John D. and Catherine T. MacArthur Foundation, Ford Foundation, Park Foundation, Wyncote Foundation, and National Endowment for the Arts. Stream anytime on the PBS app. For more information, visit the [Independent Lens website](#).

Join the conversation with #IndieLens on Facebook and Instagram at @IndependentLens.

## ITVS

Independent Television Services (ITVS) is the largest co-producer of independent documentaries in the United States. For more than 30 years the San Francisco non-profit has funded and partnered with documentary filmmakers to produce and distribute untold stories. ITVS incubates and co-produces these award-winning titles and premieres them on our Emmy® Award-winning PBS series, *Independent Lens*. ITVS titles appear on PBS, WORLD, NETA, and can be streamed on various digital platforms including the PBS app. ITVS is funded by the Corporation for Public Broadcasting, Acton Family Giving, John D. and Catherine T. MacArthur Foundation, Ford Foundation, Park Foundation, and Wyncote Foundation. For more information, visit the [ITVS website](#).

## CORPORATION FOR PUBLIC BROADCASTING

The Corporation for Public Broadcasting (CPB), a private, nonprofit corporation created by Congress in 1967, is the steward of the federal government's investment in public broadcasting. It helps support the operations of more than 1,500 locally owned and operated public television and radio stations nationwide. CPB is also the largest single source of funding for research, technology, and program development for public radio, public television, and related online services. For more information, visit the [CPB website](#).

